

Improving lives THROUGH supports and services THAT FOSTER self-determination.

MO DDD & You: Managing Your Health and Wellness

Information for Individuals & Families

Presented by:

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www.dmh.mo.gov/dd MISSOURI DEPARTMENT OF MENTAL HEALTH



MA4 Network

Community-based classes to help you improve health and wellness

Erika Saleski, Project Director Amber Vaughn, Project Coordinator





What is the MA4 Network?

MO Statewide network of Area Agencies on Aging

- AAAs are organized by region & provide array of services for older adults & adults with disabilities
- Mid-America Regional Council provides central administration and enrollment support

Provides statewide, coordinated network of Evidence-Based Programming

Free courses for those enrolled in Missouri home & community-based (HCBS) programs & their caregivers



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What are Evidence-Based Programs?

Health promotion classes

• Small group workshops, meet once a week for 6 weeks (virtual, in-person or telephone options)

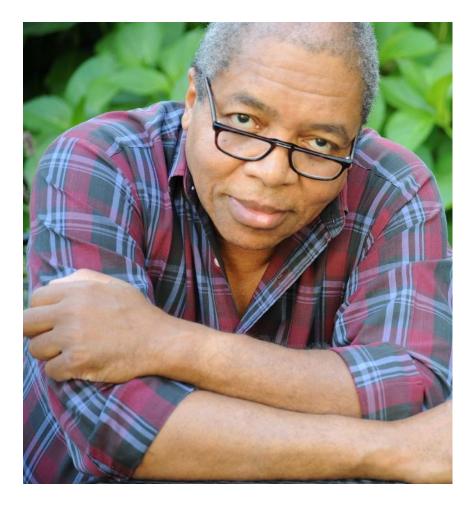
Proven through research to provide documented health benefits

Teaches participants tools for:

- Improving health & well-being
- Managing chronic health conditions
- Reducing disease & injury
- Achieving goals for healthy living



What are Evidence-Based Programs?



Programs focus on:

- Goal setting & action planning to make sustained improvements in daily life
- Problem solving
- Communication Strategies
- Relationship building & social support
- Proper nutrition & exercise

Who Can Take Evidence-Based Programs?

- Adults
- Caregivers
- People living with chronic disease
- People wanting to take better control of their health

MA4 Network can also connect participants with needed community resources, such as transportation, housing or food assistance, to support improvements in health







Why Evidence-Based Programs?

Studies show participants benefit from:

- Better health & improved quality of life
- Increased self-efficacy in managing one's health
- Increased or maintained independence & mobility
- More energy; less fatigue & less pain
- Improved communication with doctors & caregivers
- Reduced hospitalizations & emergency department visits
- Improved mental health (including delays in loss of cognitive function & positive effects on depressive symptoms)

National Council on Aging: ncoa.org/article/about-evidence-based-programs Self-Management Resource Center: selfmanagementresource.com/resources/bibliography



Why Evidence-Based Programs?



Ben, 51

- Dealing with grief & family issues
- Feeling depressed & stuck
- Lonely, not socializing
- Reported contemplating suicide
- Attended all classes
- Started taking walks with a new friend from class
- Continued exercise plan & meeting with friend

Why Evidence-Based Programs?

Pam, 60

- Diabetic, with high blood pressure
- Using wheelchair due to severe leg pain & lack of strength
- Clinically overweight
- Taking several medications
- Lost weight
- Blood pressure in normal range
- Walking
- Off insulin & managing blood glucose
 levels with diet & exercise



Evidence-Based Programs



Steps to Healthier Living

- Learn skills and tools for living with the challenges that come with chronic illness
- Diabetes Edition
- Chronic Pain Edition
- Workplace Edition
- Spanish Edition: Tomando Control de su Salud

Evidence-Based Programs

Building Better Caregivers

 Teaches family caregivers a variety of skills, including tools for managing time & stress, tips for healthy eating & exercise, & how to deal with difficult emotions related to caregiving duties

Walk With Ease

 Helps people with arthritis or other related conditions reduce pain, increase balance, strength & walking pace, & improve overall health



Learn more & enroll today





www.marc.org/msnclasses

Free with code "MSNHealth"

Questions?

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Next MO DDD & You Webinar



Mark your calendar!

The next "MO DDD & You" webinar is scheduled for

March 22, 2022 12:30pm – 1:00pm

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Thank You